



Mecklenburg County Park and Recreation Mecklenburg County Aquatic Center

Water Exercise

M/W/F

11:00-12:00PM— Easy Does It —Donna

5:45-6:45PM— Water Aerobics —Ele

T/Th

9:15-10:00AM—Arthritis Foundation —Donna

10:00-10:45AM— Hydromania —Donna

5:30-6:15pm — Water Aerobics —Ele

6:15-7:00pm— Aquatomic —Ele

M/W

6:45-7:30PM— Aquatomic — Ele

No class

No Class

No class

No Class

Dec 2-20

Jan. 6-31

Feb. 3-28

\$36/\$27

107623

\$28/\$21

107626

12/6 ,20

\$24/\$18

107629

107632

\$24/\$18

107635

107638

\$24/\$18

107641

\$48/\$36

107624

\$40/\$30

107627

1/24, 31

\$32/\$24

107630

107633

\$32/\$24

107636

107639

\$32/\$24

107642

\$40/\$30

107625

\$36/\$27

107628

2/12, 14, 21

\$28/\$21

107631

107634

2/13

\$24/\$18

107637

107640

2/13, 20

\$28/\$21

107643

2/12



Mecklenburg County Park and Recreation

Easy Does It

A low-level, low impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range-of-motion classes. Class is held in Shallow Water.

Hydromania

All-over-body toning and cardiovascular workout. Hydromania is a great way to exercise joints and muscles. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

Water Aerobics

Water Aerobics is a great way to exercise joints and muscles. Instructor will use different equipment to work all muscle groups and joints. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

Aquatomic

All-over-body toning and cardiovascular workout that combines short bursts of intense exercises. Aquatomic is designed to improve core strength, conditioning, body strength, and endurance. This is an advanced class but all fitness levels are welcomed as all exercises can be modified. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

Arthritis Foundation

Gentle stretches and range-of-motion exercises keep tender joints mobile. Water buoyancy assists movements while resistance strengthens muscles and supports joints. Class is held in Shallow Water.